



the cross section is generally hexagonal.

9. An apparatus according to Claim 1 wherein the bend angle is a range of angles having a minimum bend angle and a maximum bend angle.

10. An apparatus according to Claim 9 wherein the minimum bend angle is about 25 degrees.

11. An apparatus according to Claim 9 wherein the maximum bend angle is about 75 degrees.

12. An apparatus of Claim 1 wherein the polymer material is a resilient polymer.

13. An apparatus of Claim 12 wherein the resilient polymer is plastic.

14. An apparatus of claim 13 wherein the plastic is PVC.

15. An apparatus of claim 1 wherein the polymer material is extruded.

16. An apparatus of claim 1 wherein the polymer material is molded.

17. An apparatus of claim 1 wherein the polymer material is machined.

18. An apparatus of claim 1 wherein the equipment end includes a golf club head.

19. An apparatus of claim 1 wherein the equipment end includes a racquet head.

20. An apparatus of claim 19 wherein the racquet head is a tennis racquet head.

21. An apparatus of claim 19 wherein the racquet head is a racquet-ball racquet head.

22. An apparatus of claim 19 wherein the racquet head is a badminton racquet head.

23. An apparatus of Claim 1 wherein the equipment end includes a baseball bat.

24. An apparatus of claim 1 wherein the equipment end includes a pool cue.

25. A method of using disposable novelty

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sports apparatus in a dramatic and humorous way to relieve frustration and stress comprising the steps:

- 5 providing disposable novelty sports apparatus  
having a shaft, the shaft comprising a resilient polymer material and an annular score line;  
grasping an end of a shaft with a hand;  
holding a second end of the shaft with a second hand;  
10 bending the shaft to a range of bend angles, not to exceed a predetermined maximum bend angle;  
returning the shaft to a normal position;  
releasing the first and second ends of the shaft.

26. A method of permanently breaking disposable novelty sports apparatus in a dramatic and humorous way to relieve frustration and stress comprising the steps:

- 5 providing disposable novelty sports apparatus having a shaft, the shaft having a score line and the shaft comprising a resilient polymer material and an annular score line;  
grasping an end of a shaft with one hand;  
10 holding a second end of the shaft with another hand;  
bending the shaft through a predetermined range of bend angles;  
flexing the shaft beyond the maximum bend angle;  
15 breaking the shaft at the score line.

27. A method according to Claim 26 further including the step of disposing the broken shaft.

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